



NEWSLETTER

SERVING THE CENTRAL NEW YORK RUNNING COMMUNITY

Volume XLV

Syracuse Chargers Track Club

April 2014



Dave Oja
President



Mark Driscoll
Vice President



Evelyn White
Administrative VP



Roger Hahn
Secretary



David Kennedy
Treasurer

2014 SCTC Officers Announced

Our February 25 Board meeting featured our annual election of Syracuse Chargers Track Club officers. With Mark Driscoll's having decided not to serve a ninth consecutive one-year term as president, the Board selected Dave Oja. Dave has served on the Chargers Board of Directors continuously since 1979, including a previous stint as president from 1994 through 2004.

Also elected to single-year terms were incumbents Evelyn White (VP—Administration); David Kennedy (Treasurer); and Roger Hahn (Secretary). Our outgoing president, Mark Driscoll, was elected to the position of Vice President.

Please be aware that our officers and our Board members welcome the questions, thoughts, and suggestions of all Chargers members. You can find contact information for each of them on Page 2 of each issue of the *Chargers Newsletter*.

Six Members of the SCTC Board of Directors Elected to Serve 2014-2016 Terms

Held in conjunction with our Awards Banquet on February 2, the SCTC's Annual Meeting included the re-election to our Board of incumbent Directors Mark Driscoll, Pat Leone, Dave Patrino, Bob Hiemenz, and Mickey Piscitelli. New to the Board is Matt Oja, a lifetime Chargers member and recently admitted member of the NYS Bar.

Those six Directors join Jim Alexander, Roger Hahn, David Kennedy, Jim McCaul, Dave Oja, Julie Shafer, Greg Tuttle and Evelyn White as the current members of our Clubs governance team

Various Chargers Committees Are Seeking Additional Members!

As an all-volunteer organization, we're always seeking members with an interest in becoming members of any of our Club's standing committees. Participation on most of these committees requires attendance at four or fewer meetings per year, plus (in the case of certain committees) some time at related programs and/or events. If you're interested in learning more about any of our committees, please consult page 2 and contact the committee chair directly.

Syracuse Chargers
Track Club, Inc.

Board of Directors

President

Dave Oja 446-6285
daveoja@a-znet.com

Vice President

Mark Driscoll 449-9615
mdriscol@syr.edu

Administrative VP

Evelyn White
637-6211
nandewhite@aol.com

Secretary

Roger Hahn,
rchahn@syr.edu

Treasurer

David Kennedy
dkenn15@verizon.net

Scholastic Coach

Jim McCaul, 342-1123
jmccaul6@twcny.rr.com

Open (Men)

David Patruno 423-7246
Patruno@aol.com

Open (Women)

Masters (Men)

Greg Tuttle, 430-9409
tuttlegreg@hotmail.com

Masters (Women)

Mickey Piscitelli
mpiscitelli2@verizon.net
638-9662

Road Races Coord.

Dave Oja 446-6285
daveoja@a-znet.com

Membership Coord.

Julie Shafer
Julie.shafer.js@gmail.com

At Large

James Alexander
vorlonsrule@verizon.net
Pat Leone
pat@leonetimeing.com,
Bob Heimenz
bobhiem@twcny.rr.com
Matt Oja, Matt.oja@gmail.com

Program Coordinators

Charger Records

Nick Wetter
wetternick@yahoo.com

Charger Challenge

Ed Polly 446-5637
DeWitt, NY 13214
Golfnrun@twcny.rr.com

Special Olympics

Peter Rhodes 422-1037
per56@aol.com

Youth Programs

Mark Driscoll 449-9615
mdriscol@syr.edu
Jasper Royal 416-3811

Merchandise

Evelyn White
nandewhite@aol.com

Social

Mickey Piscitelli
mpiscitelli2@verizon.net
638-9662

Volunteers

Evelyn White
NandEWhite@aol.com

Scholarship Award

John View

Summer Runs

Oneida Shores

Onondaga Lake Park

The Syracuse Chargers Track Club is dedicated to the development of all aspects of Athletics in Central New York. This includes support for youth development programs and the encouragement of individuals of all ages and abilities to participate in local, regional, national, and international track & field, long distance running, and race walking events .

The Club is a nonprofit, tax-exempt 501(c)(3) organization; A member of **USA Track & Field** and **Road Runners Club of America**. Membership is open to all who share the goals of the organization.

The Syracuse Chargers Track Club Newsletter

Published monthly by the SCTC. Subscriptions are \$15 per year.

Material should reach Evelyn White, 118 Foxcroft Lane, Fayetteville, NY 13066, or e-mail NandEWhite@aol.com by the 8th of the month.

Newsletter Staff

Evelyn White, Editor (NandEWhite@aol.com)
(Calendar of Events, Road Race Results, Entry Forms)
Nick Wetter (Track & Field Results & Charger Records)
email: wetternick@yahoo.com

Contributing Writers: **Nick Wetter** (track & field)
Gabe Yankowitz, Physical Therapist
Sam Graceffo, MD

Chargers Membership Forms should be sent to:

Julie Shafer, SCTC Membership Coordinator
8103 Lobos Lane
Liverpool, NY 13090

Changing your address? Let Julie know as soon as possible (399-8553) or julie.shafer.js@gmail.com). Also if you are going away for an extended period let Julie know or the *Newsletter* will be returned to us and we are charged the first class fee for "return to sender" service. It will **not** be forwarded.



To become a member of USATF, sign up online www.USATF.org and click on membership. Membership entitles you to represent the Chargers in USATF road running, track & field, cross country, and race walking championship events at the district, regional and national levels. **The Charger Club number is "04-0092"**

Send Merchandise orders to: **Evelyn White**
118 Foxcroft Ln., Fayetteville, NY 13066

Club Web Site: www.syracusechargers.org

New Charger Members

| | | | |
|--------------------|---------------|--------------------|-----------------|
| Parrish Bridges | Sandra Hewitt | Rosemary Liquidari | AJ Sinclair |
| Katherine Frontino | Harris Kuhr | Rebecca Shen | Andrew Sinclair |
| Hongling He | Jaime Kuhr | Amy Shen | |
| Jim Hewitt | Jackson Kuhr | Linda Shen | |
| Oliver Hewitt | Savannah Kuhr | Lixin Shen | |

Entry Forms in this Newsletter

| | | |
|---------------------|--|--------------------|
| March 15 (Saturday) | All Comers Track Meets (running events only) | Manley Field House |
| May 24 | 1-2-3 Trail Run, Highland Forest | |
| June 14 | Hess Express Swamp Rat Races | |
| July 4 | Cazenovia July 4 th Foot Races | |

Consider Joining the Chargers Email List

If you are not currently part of the Chargers email list and would like to join, please send an email to Julie Shafer at julie.shafer.js@gmail.com. We try to not clutter your inbox and only use the email list to announce last minute changes or requests, such as the cancellation of the February 16th Manley Field House practice or a request for volunteers at one of the upcoming Chargers road races.

Indoor Practice for Charger Members Only at Manley Field House 6-8 pm
Sundays March 9, 16, 23 & 30 April 6

Thanks, Mark Driscoll, for Eight Years of Steady Leadership!

Next time you see Mark Driscoll at a Chargers event, please be sure to thank him for his recently concluded eight-year (plus) tenure as our Club's president. Mark agreed to take the position—on short notice—on November 1, 2005, and he held the reins through our February 25, 2014 Board meeting.

This doesn't mean that Mark will be a stranger to Chargers Board of Directors meetings. He's agreed to remain on our Board as a vice president, and will be chairing both our Youth Committee and our Track & Field Committee. No doubt we'll be seeing him with the usual frequency at Chargers events!

Special Olympic Practice at SRC Tuesday, April 15, 22, 29; May 13 & 20

Plans have been made for our Spring Program. We have scheduled 5 One Hour sessions at the SRC arena at OCC. These sessions will be at 6:30pm on Tuesday nights April 15, 22, 29 and on May 13 and 20. We will walk, run, shoot basket ball, throw softballs, exercise and dance the hokey pokey.

On May 6, we will attend a Syracuse Chiefs game, a new event for us. The game is at 7pm, however we will have a patio party at 6:15 pm with food before the game. Final details are still in the planning stage.

Attendance at our program has increased quite a bit over the last 2 years and we could use a few more volunteers. I guarantee that you will enjoy yourself.

Peter Rhodes, Program Director 446-9476 or per56@aol.com

J.P. Morgan Corporate Challenge® Syracuse Registration Opened March 12th!

March 12th was “Opening Day” for registration for the 2014 J.P. Morgan Corporate Challenge® in Syracuse, and more than two-dozen companies were quick to be among the first to register their teams online for Syracuse’s largest road running event. As we count down the weeks to Tuesday June 17th, you can expect that www.jpmorganchasecc.com is going to be a very popular site!

If you’d like to register a team of four or more fulltime employees from your company, visit the web site and get started with registration. Company captains need to begin by registering their companies, following which individual members of the company teams can register to run or walk in the event. A minimum of four full-time, over-18, non-seasonal employees are required to form a company team (four men, four women, or a mixed team of two and two).

With nearly 8,000 individuals entered in each of the past two years, the Corporate Challenge is publicizing an entry deadline of Friday, June 6th—or whenever we reach our 8,000-participant limit. We’re recommending that interested companies and their employees not procrastinate with the registration process.

If you’d like to be part of the big event as a volunteer, please call (446-6285) or e-mail (daveoja@aznet.com) Dave Oja!

Be Sure to Let Us Know About Your Notable Performances!

With the number of meets and races available to our members, we’re always concerned that Chargers records will go unnoticed and unreported. To help us make sure that you or your family members receive credit for any outstanding performances, please don’t feel shy about e-mailing either our Newsletter Editor, Evelyn White (NandEWhite@aol.com), or the chair of our Records and History Committee, Nick Wetter (wetternick@yahoo.com).

We’d really like to make sure that the Chargers record parade continues without anybody’s time, distance, or height being overlooked!

Got Seniors? Remind Them to Submit Their Chargers College Scholarship Application by May 15!

As we head into spring (and high school graduation season), don’t forget that the Chargers College Scholarship Committee is currently accepting applications for this year’s awards. You can find a copy of the Scholarship application form in this edition of the *Newsletter* and on the Chargers web site.

I would like to volunteer to help at the following events:

| | | |
|-----------------------|-----------------|--------------------|
| _____ March 15 (Sat.) | Track Meet | Manley Field House |
| _____ April 19 (Sat.) | Track Meet | Manley Field House |
| _____ May 24 (Sat.) | 1-2-3 Trail Run | Highland Forest |

Name: _____ Tel. _____

Address: _____ E-Mail _____

Any preference regarding volunteer position? _____

Family or friends who'd also like to help? _____

Contact Event director or e-mail to Evelyn at nandewhite@aol.com



Syracuse Chargers Track Club Scholarship Application

The Syracuse Chargers Track Club, Inc. will award a minimum of two \$1,000 scholarship grants to SCTC members who have distinguished themselves through their volunteer activities within our community (not limited to Chargers events), academic achievement, and commitment to personal fitness. Applicants should have a record of volunteer service to the athletic community. In addition, the applicant must be a graduating senior, an SCTC member (at the time the application is submitted), and have maintained at least a B average throughout high school. Chargers members who wish to be considered for one of these awards should provide the information requested below and submit this form along with the following:

1. A letter of recommendation written by an adult who has supervised, coordinated, or is otherwise familiar with your volunteer activities, particularly those that promote health and fitness.
2. **Either** a copy of your high school transcript **or** a teacher's or guidance counselor's letter of recommendation that focuses on your **academic** achievement and merits.
3. A **typed** essay of 300 to 400 words describing how your participation in athletics and the volunteer activities that support athletics demonstrates your commitment to lifetime fitness.

This form and all supporting materials should be mailed together and must be received by May 15.

Please mail this form and your other application materials to: John View, SCTC Scholarship Committee Chairman, 6129 Bay Hill Circle, Jamesville, NY 13078.

Applicant's name: _____ Home phone: _____

Address: _____ E-mail: _____

_____ Your date of birth: _____

Your high school(s): _____

High school average: _____ Class ranking: _____ SAT/ACT score(s): _____

College or university that you're most likely to attend: _____

Volunteer activities on behalf of athletics in our community: _____

Volunteer activities specifically on behalf of the Syracuse Chargers Track Club: _____

Recent Charger Age Group Records

55m (10-11) 7.6 Audrey Norden 2/2/14 Felder

Audrey Norden Breaks 10-11 Mark For 55 Meters

Audrey Norden bettered the Chargers girls ages 10-11 record in the 55 meter dash when she was timed in 7.6 seconds at the Felder track meet on February 2. The old record was 7.7 by **Armani Moore**, set in 2004.

Nick Guarino Places 8th At National Indoor Championships

Nick Guarino had the eighth fastest time in the 800 meter run (2nd in his heat) at the USA Indoor Track and Field Championships in Albuquerque, New Mexico on February 21, narrowly missing a spot in the the finals. Nick's time was 1:48.99. Nick's brother **Josh Guarino** did not fare so well, placing 20th in the same event (5th in his heat) with a time of 1:57.59.

Laura Leff Places 9th At Millrose Mile

West Genesee High School runner **Laura Leff** finished 9th in the girls high school mile at the Millrose Games in Manhattan on February 14 with a time of 4:59.81. The winning time of 4:46.06 was run by **Caroline Alcorta** of West Springfield, Virginia. There were nine runners in this elite high school race.

Charger Results From Valentine Invitational

David Hemery Valentine Invitational, Boston University, February 7-8

| | | | |
|-------------------|-------------|----------|--------------------------|
| Cailin Kowalewski | one mile | 5:12.04 | 10th, heat; 69th overall |
| Alyssa Smith | 3000 meters | 9:56.12 | 1st, heat; 46th overall |
| Nick Guarino | one mile | 4:15.48 | 9th heat; 80th overall |
| Alex Brimstein | 5000 meters | 14:30.52 | 16th heat; 84th overall |

Phyllis Meade Named All American - - In Softball

While a nagging injury has been curtailing her track and field efforts, **Phyllis Meade** has demonstrated her athletic versatility by being named first team All American in softball by the National Senior Games Association. This was a result of her performances at the National Senior Games in Cleveland, Ohio this past July. Phyllis played for the Delaware Blue Chicks, and had an on base percentage of .864 and a batting average of .750 for the tournament.

Congratulations to Phyllis, who commented, "It would have been better if we won, but just playing was a ton of fun."

Nick Guarino Wins 1000 Meter Race At SPIRE Invitational

Nick Guarino placed first among a field of 16 runners in the 1000 meter run at the SPIRE Indoor Track and Field Invitational at the SPIRE Institute in Geneva, Ohio on February 22 with a time of 2:22.09. Nick holds the current Charger record in this event with a time of 2:20.32.

Results From Ithaca College Bomber Invitational

Nick Paccia placed 18th in the pole vault with a height of 12-5 1/2 (3.80 meters) at the Ithaca College Bomber Invitational on February 16.

Two 1st place Finishes for Michael Dee

| | | |
|---------|---|-------|
| 2/8/14 | 5 th Annual Central NY Cupid's Chase 5K, Liverpool | 18:24 |
| 2/15/14 | 2 nd Annual Feel the Love 5K, Cortland | 18:06 |

SFoR Shines, and Weeks, Collins and Steinbach Receive Honorable Mentions in Masters AOY Rankings

Each year **Don** and **Marian Lein**, of USATF's Masters Long Distance Running Committee, review thousands of distance road race results and pick out the top three over-40 age single race performances in each age group. They also list those who receive honorable mention in each masters five-year age group. For 2013, Charger **Scott Weeks** and former Chargers **Kevin Collins** and **Coreen Steinbach** earned honorable mentions. Those making the list usually have an age-graded performance of 85% or higher.

The Leins also list the races in which the top three performers in each age group ran their top age-graded mark. It is interesting to note that a total of **seven** of the top three performances were run at our own Syracuse Festival of Races. No other race in the country was even close, the next closest two hosting top-three performances being the Boston Marathon and the Carlsbad 5K with three listings apiece. This is a real feather in the cap for Syracuse and the Chargers, and it's a tribute to the outstanding job that the SFoR race committee and so many Chargers volunteers have done over the years.

You can visit the complete listing of 2013 Masters Athlete of the Year performers by five-year age group at: <http://m.runnersworld.com/masters-racing/2013-masters-long-distance-runners-of-the-year>.

Syracuse Chargers All Comers

Indoor Meet 2/23/14

37 participants * SCTC

3000

Male

Open 18/29

Scott Besser, 19 11:07.2

55/59

Mark Rybinski, 58 12:12.0

Ron Nelson, 57 13:24.5

Race Walk 50/54

Dave Talcott, 53 15:00.0

55 meters

Male

65/69

Bob Nicholson, 67 9.9*

40/45

John McEachen, 43 7.8

Open 18-29

Joe Darling, 25 7.2

Derek Clar, 20 7.4

Ryan Sloan, 18 7.4

Andrew Siegel, 18 7.4

12/13

Josepher Felder, 12 9.2

Elan Lazore, 12 9.5

10/11

Jackson Monterville, 11 9.1*

Michael Felder, 11 9.4

8/9

Chris Zajdel, 9 9.2*

7 & Younger

JJ Johnston, 5 13.7*

Female

65/69

Mary DaSilva, 67 9.3*

12/13

Celia Bertlesman, 12 8.8

Abby Morgan, 12 9.1*

10/11

McKenna Johnston, 10 8.9*

Victoria Morgan, 10 9.9*

Savannah Kuhr, 11 9.1*

Kate Reale, 10 9.2*

8/9

Julia Bertlesman, 9 9.4

Megan Johnson, 9 9.9*

800

Male

55/59

Tim Riccardi, 55 2:28.4

Mark Rybinski, 58 2:36.4

40/44

John McEachen, 43 2:37.6

Open 18/29

Michael Dee, 22 2:17.9

Derek Clar, 20 2:19.3

Jake Woodward, 18 2:34.1

14/15

Solmon Lawrence, 14 2:09.7*

12/13

Elan LaZore, 12 3:23.6

Female

60/14

Coreen Steinbach, 62 2:53.3

10/11

McKenna Johnson, 10 3:13.1*

Kate Reale, 10 3:22.2*

1 Lap youth

Male

12/13

Josepher Felder, 12 51.1

Elan Lazore, 12 56.4

10/11

Jackson Monterville, 11 53.9*

Michael Felder, 11 1:01.4

8/9

Chris Zajdel, 9 49.9*

7 & Younger

JJ Johnson, 5 1:25.2*

Female

12/13

Celia Bertlesman, 12 46.2

10/11

McKenna Johnson, 10 46.1*

Savannah Kuhr, 11 48.4*

Victoria Morgan, 10 53.2*

8/9

Megan Johnson, 9 59.6*

Julia Bertlesman, 9 52.9

400

Male

55/59

Mark Rybinski, 58 1:13.2

Tim Riccardi, 55 1:16.7

40/45

John McEachen, 43 1:02.5

Open 18-29

Ryan Sloan, 18 1:01.9

Derek Clar, 20 1:04.7

8/9

Chris Zajdel, 9 1:29.2*

Female

65/69

Mary DaSilva, 67 1:22.9*

Open 18/29

Laura Qvercia, 21 1:07.4

12/13

Abby Morgan, 12 1:28.1*

10/11

Kate Reale, 10 1:34.1*

8/9

Megan Johnston, 9 1:43.8*

Mile

Male

55/59

Tim Riccardi, 55 5:32.3

Mark Rybinski, 58 6:03.2

40/44

Javier Martinez, 43 5:14.3

Open 18/29

Michael Dee, 22 5:00.9

14/15

Solomon Lawrence, 14 5:00.6*

Race Walk 50/54

Dave Talcott, 53 7:49.2

Female

Open 18/29

Rachel Strong, 18 5:49.9

Elena Doctor, 18 6:46.4

SYRACUSE CHARGERS TRACK CLUB
HIGHLAND FOREST 1-2-3 Trail Run
Saturday 5/ 24 /2014 8:30 am

The race begins at 8:30 am and consists of one, two, or three loops on marked trails in Highland Forest. The course covers 10, 20, or 30 miles, with climbs of 1380', 2760', or 4140' respectively. **The 30 mile course is now part of the USATF Niagara Association Ultra Series.**

Bring the family!! There will be a short trail run for the children.

WHERE: Highland Forest is located about 3 miles east of Fabius NY on Rte. 80; see directions. The races start and finish at the Community House just across the road from the parking lot. There is no fee for parking, but the Park welcomes donations.

WHEN: Arrive at the Community House (across from the parking lot) by 7:30 am for race-day registration or 8:00 am if pre-registered.

ENTRY FEE: \$15.00; \$20.00 after Monday, May 19; \$30.00 race day registration. The entry fee includes beverages and food during the race and soup, bread and refreshments after the race. **Please pre-register. We would like to have a good estimation on the number of runners so we do not run out of food.**

FOR INFORMATION: contact the Race Director, Mark Driscoll at (315)449-9615 after 7:00 pm; mdriscol@mailbox.syr.edu

HIGHLAND FOREST 1-2-3 TRAIL RACE ENTRY FORM

Entry Fees: \$15.00, (\$20.00 after 5/19---\$30.00 race day 5/24)
Please make checks payable to "Syracuse Chargers Track Club, Inc." and mail entry to Mark Driscoll, 1112 Meadowbrook Drive, Syracuse, NY 13224.

Name: _____ Age (5/24/14): _____ Birthdate: _____

Street: _____ Tel.: _____ Sex: _____

City, ST ZIP _____ Club affiliation _____

How many loops do you plan on running? (you may switch during the race): 1 _____ 2 _____ 3 _____ (Niagara Ultra Series)

WARNING: It is possible to sprain ankles, break bones, and encounter wildlife and insects such as black flies and/or bees. Carry medication if you are allergic. Trail running requires agility of foot and the ability to keep one eye on the trail and the other on the blazes (markers). Some will get lost momentarily. If there are no blazes in front of you, go back. You may encounter vehicles on the dirt roads and at crossings.

TRAIL CONDITION: The course is about 95% on hiking trails and 5% dirt roads. The trail is well marked (blazes on trees, and turns are marked).

TIME CUT-OFFS: The time cut-off for beginning the second loop is 3 hours. Cut-off time for a third loop is 4.5 hours.

REST ROOMS: There are rest rooms in a separate building near the Community House. No shower facilities at the park.

REFRESHMENTS: Water, sports drink and food will be provided on the course and at the start/finish. After the run, enjoy soup, bread, water, and sports drink in the Community House or the outdoor pavilion.

DIRECTIONS: Highland Forest is located 14 miles east of I-81 on Rte. 80. Take I-81 to Tully (exit 14) go east on Rte. 80 for 14 miles to the sign for Highland Forest. Make a right onto the access road and go up the hill about a mile to the parking lot.

WAIVER: I know that running in a trail race is a potentially hazardous activity. I agree I should not enter unless I am medically able and properly trained. I agree to abide by any decision of race official(s) relative to my ability to safely complete the run. I assume all risks associated with running in this event, including but not limited to falls, contact with other participants and animals, the effects of weather (including high heat and/or humidity) and conditions of the trail, all such risks being know and appreciated by me. Having read this waiver and knowing these facts and in consideration of your accepting my entry, I, for myself and anyone entitled to act on my behalf, waive and release the Syracuse Chargers Track Club, Inc., USATF, Road Runners Club of America, Onondaga County and all of its companies, officers and/or employees, and all other sponsors or successors from all claims or liabilities of any kind arising out of my participation in this event.

Signature: _____ Date: _____

(Parent or guardian's signature necessary if 17 years of age or younger)



PEPSI BEVERAGES COMPANY



Presents The 35th Annual Swamp Rat Runs Saturday, June 14th 2014

Administered by the Syracuse Chargers Track Club

Location: Oneida Shores Park, Brewerton, New York; (Take Exit 31 off Rt. 81, then go left on Bartell Rd.)

For online registration and event details, please visit: <http://www.swampratrun.com>

To encourage online registration, we have eliminated all online processing fees! Save paper and a stamp!

| | | |
|---------------|--|-----------------|
| Times: | Girls Fun Run Mile | 8:30 AM |
| | Boys Fun Run Mile | 8:50 AM |
| | 5K Chris A. Taddeo Memorial Run (USATF Certified) | 9:10 AM |
| | 10K Run (USATF Certified) | 10:00 AM |



Scan this QR Code to register online

****Mail Pre-Registration Deadline is Monday, June 9th 2014****

| | | | |
|--------------------|------------------------------------|----------------|--|
| Entry Fees: | 5K/10K Pre-Entry | \$20.00 | * Price includes T-shirt |
| | 5K/10K Race Day Entry | \$25.00 | * Price includes T-shirt if available |
| | Mile Fun Run Pre-Entry | \$10.00 | * Price includes T-shirt |
| | Mile Fun Run Race Day Entry | \$15.00 | * Price includes T-shirt if available |

Awards: Ribbons for all finishers in the Boys & Girls Fun Run Miles
5K & 10K: 1st Male & Female overall, Top Three 14 & Under, 15-19, 5-year age groups to 80+

ChronoTrack Timing for all races provided by Leone Timing (www.leonetiming.com)

As always, there will be plenty of free gifts and post-race refreshments for all runners!
RACE PACKETS available on race day starting at 7:15 am at the Oneida Shores Beach Pavilion

PSN/BIB

Entry Form

Make checks payable to Syracuse Chargers Track Club and mail check and entry form to:
Richard Nastasi, 9573 Shepard Drive, Brewerton, New York 13029

| | | | |
|---|---|----------------------|--------------------------|
| <input type="text"/> | <input type="text"/> | <input type="text"/> | <input type="text"/> |
| Last Name | First Name | Sex | Age as of 6/14/14 |
| <input type="text"/> | <input type="text"/> | <input type="text"/> | <input type="text"/> |
| Street Address | City | State | Zip |
| <input type="text"/> | <input type="text"/> | <input type="text"/> | <input type="text"/> |
| Phone # <input type="text"/> | <input type="checkbox"/> 5k(3.1 mi.) <input type="checkbox"/> 10k(6.2 mi.) <input type="checkbox"/> Mile Fun Run | | |
| T-Shirt Size | | | |
| YL <input type="checkbox"/> S <input type="checkbox"/> M <input type="checkbox"/> L <input type="checkbox"/> XL | | | |

Release: I know that running a road race is a potentially hazardous activity. I agree I should not enter and run unless I am medically able and properly trained. I agree to abide by any decision of a race official relative to my ability to safely complete the run. I assume all risks associated with running in this event, but not limited to, falls, contact with other participants, the effects of the weather – including high heat or humidity, traffic and conditions of the road, all such risks being known and appreciated to me. Having read the waiver and knowing these facts and in consideration of you accepting my entry, I for myself and anyone entitled to act on my behalf, waive and release the Syracuse Chargers Track Club, Inc., the Road Runners Club of America, Onondaga County Parks Department, Hess Express, and other sponsors, organizers or successors from all claims or liabilities of any kind arising out of my participation in this event.

Failure to date and sign release will invalidate your entry. Parent or Guardian's signature necessary if under 18 years of age.

Signature: _____ **Date:** _____

Chargers Age Group Records 60-64 Women

| | | | | | | | |
|-------------------|-------------------|-----------|----------|---------------|------------------|-----------|----------|
| 50m | Patricia Peterson | 8.3 | 2/17/89 | 500m | Howard MacMillan | 1:33.0 | 2/19/89 |
| 55m | Patricia Peterson | 8.92 | 1/15/89 | 600y | Howard MacMillan | 1:51.8 | 3/8/87 |
| 60m | Patricia Peterson | 9.93 | 4/2/89 | 600m | Fred Schlereth | 1:54.8 | 3/15/97 |
| 100m | Patricia Peterson | 15.0 | 6/4/89 | 800m | Fred Schlereth | 2:23.0 | 12/10/93 |
| 200m | Patricia Peterson | 32.0 | 6/4/89 | 1000m | Bob Milner | 3:27.7 | 1/15/00 |
| 300y | Patricia Peterson | 51.28 | 3/20/88 | 1500m | Bob Milner | 4:57.5 | 1/5/96 |
| 300m | Patricia Peterson | 59.2 | 1/17/88 | 1 mile | Bob Milner | 5:14.15 | 1/20/96 |
| 400m | Patricia Peterson | 80.0 | 6/5/88 | 3000m | Bob Milner | 10:39.88 | 3/17/96 |
| 500m | Patricia Peterson | 2:06.7 | 1/17/88 | 2 miles | Bob Milner | 11:37.3 | 1/12/97 |
| 600y | Patricia Peterson | 2:27.4 | 3/20/88 | 5km (r) | Howard Rubin | 18:01 | 9/25/88 |
| 800m | Yvonne Rothenberg | 3:06.17 | 1/20/88 | 5km (t) | Ed Stabler | 18:00.39 | 8/3/89 |
| 1000m | Lois Bell | 4:13.0 | 3/24/02 | 8km (r) | Ed Stabler | 29:29 | 8/31/89 |
| 1500m | Gloria Brown | 6:05.3 | 3/1/92 | 8km (t) | Ed Stabler | 31:38.0 | 1/8/93 |
| 1 mile | Yvonne Rothenberg | 6:43.24 | 7/25/93 | 5 miles (r) | Bob Milner | 30:32 | 7/20.96 |
| 3000m | Yvonne Rothenberg | 13:14.34 | 6/23/02 | 10km (r) | Ed Stabler | 36:07 | 7/27/89 |
| 5km (r) | Gloria Brown | 21:41 | 3/23/02 | 10km (t) | Ed Stabler | 36:09.67 | 8/1/89 |
| 5km (t) | Gloria Brown | 22:12.1 | 3/22/02 | 15km (r) | Howard Rubin | 56:43 | 11/13/88 |
| 5 miles | Yvonne Rothenberg | 40:19 | 9/11/93 | 15km (t) | Ed Stabler | 59:26.5 | 3/21/92 |
| 10km (r) | Gloria Brown | 45:09 | 7/25/93 | 10 miles (r) | Ed Stabler | 1:02:17 | 11/26/90 |
| 10km (t) | Lennie Tucker | 55:09 | 11/25/93 | 20km | Ed Stabler | 1:20:45 | 5/15/91 |
| 15km (r) | Nancy Frisillo | 1:07:25 | 6/23/02 | 1/2 marathon | Ed Stabler | 1:25:46 | 8/6/92 |
| 10 miles | Gloria Brown | 1:34:01 | 6/4/93 | 25km | Ed Stabler | 1:37:25 | 10/11/89 |
| 20km | Gloria Brown | 1:38:51 | 12/17/99 | 30km | Sam Graceffo | 2:15:32 | 3/23/97 |
| 1/2 marathon | Gloria Brown | 1:58:22 | 9/12/94 | Marathon | Ed Stabler | 2:50:23 | 8/8/89 |
| 25km | Gloria Brown | 2:34:55 | 11/8/98 | 1500m walk | Bob Nicholson | 8:32.99 | 6/30/07 |
| 30km | Gloria Brown | 3:52:40 | 8/28/93 | 2 mile walk | Bud Brown | 28:45.5 | 3/18/84 |
| 12 hr run (r) | Mary DaSilva | 57.564 | 8/7/93 | 5km walk (r) | Bob Nicholson | 31:26 | 6/7/07 |
| 1500m walk | Marie MacMillan | 11:42.4 | 2/4/95 | 50m HH | Ed Lukens | 8.5 | 2/9/86 |
| 55m HH | Patricia Peterson | 13.5 | 9/14/94 | 50m HH | Ed Lukens | 8.5 | 3/10/86 |
| 60m HH | Patricia Peterson | 14.2 | 3/27/94 | 55m HH | Ed Lukens | 9.6 | 1/5/86 |
| 80m HH | Patricia Peterson | 19.64 | 8/27/88 | 60m HH | Bill Townsend | 10.4 | 3/19/89 |
| 100m HH | Patricia Peterson | 20.1 | 5/14/11 | 100m HH | Ed Lukens | 17.46 | 8/25/85 |
| 300m IH | Patricia Peterson | 1:19.32 | 6/18/88 | 110m HH | Ed Lukens | 21.1 | 8/10/85 |
| Long Jump | Phyllis Meade | 12-5 3/4 | 3/27/88 | 300m IH | Paul Stelmaszyk | 49.55 | 8/1/04 |
| High Jump | Phyllis Meade | 3-9 3/4 | 4/2/89 | Long Jump | Ed Lukens | 17-0 3/4 | 3/24/85 |
| Shot Put, 3kg | Barbara LoPiccolo | 30-0 1/2 | 5/28/88 | Triple Jump | Ed Lukens | 4-8 | 2/2/85 |
| Discus, 1kg | Barbara LoPiccolo | 76-2 | 5/91 | High Jump | Ed Lukens | 4-8 | 2/23/85 |
| Javelin, 400g | Barbara LoPiccolo | 91-5 | 7/27/07 | High Jump | Ed Lukens | 4-8 | 3/24/85 |
| Hammer, 3kg | Barbara LoPiccolo | 105-3 1/2 | 6/8/09 | High Jump | Ed Lukens | 4-8 | 3/23/86 |
| Weight Throw, 12# | Barbara LoPiccolo | 39-1 3/4 | 6/6/08 | High Jump | Ed Lukens | 4-8 | 6/28/86 |
| Indoor Pent. | Patricia Peterson | 1935 | 8/23/08 | High Jump | Ed Lukens | 9-0 | 6/8/09 |
| Weight Pent. | Barbara LoPiccolo | 2,325 | 8/3/07 | Pole Vault | James Trott | 42-3 | 6/10/90 |
| | | | 6/6/08 | Shot Put, 4kg | Richard Holloway | 40-6 3/4 | 8/5/95 |
| | | | 8/23/08 | Shot Put, 5kg | Chuck Yost | 38-6 | 2/9/02 |
| | | | | Shot Put, 6kg | Harry Schwarze | 31-4 | 7/11/05 |
| | | | | Shot Put, 16# | Gary Crawford | 140-9 1/2 | 5/10/02 |
| | | | | Discus, 1kg | Gary Crawford | 99-4 1/2 | 7/11/05 |
| | | | | Discus, 1.5kg | Gary Crawford | 90-1 | 7/15/92 |
| | | | | Discus, 1.6kg | Richard Holloway | 74-5 | 7/15/92 |
| | | | | Discus, 2kg | Richard Holloway | 134-5 | 8/1/92 |
| | | | | Javelin | Richard Holloway | 119-8 | 6/11/10 |
| | | | | Hammer, 5kg | Patrick Lynn | 74-9 | 4/25/05 |
| | | | | Hammer, 16# | Gary Crawford | 46-1 1/2 | 1/11/02 |
| | | | | Weight, 20lb | Gary Crawford | 41-3 | 9/22/01 |
| | | | | Weight, 25lb | Gary Crawford | 23-2 | 3/28/10 |
| | | | | Weight, 44lb | Patrick Lynn | 18-8 3/4 | 3/39/03 |
| | | | | Weight, 56lb | Gary Crawford | 3408 | 1/13/85 |
| | | | | Indoor Pent. | Ed Lukens | 3085 | 5/2/86 |
| | | | | Outdoor Pent | Ed Lukens | 3209 | 7/15/02 |
| | | | | Weight Pent | Gary Crawford | | |

Chargers Age Group Records 60-64 Men

| | | | |
|------|------------------|-------|---------|
| 45m | Howard MacMillan | 6.7 | 2/19/89 |
| 50y | Howard MacMillan | 6.8 | 3/8/87 |
| 50m | Ed Lukens | 6.9 | 2/9/86 |
| 55m | Tom Fondy | 7.5 | 3/11/00 |
| 60m | Andrew Branch | 8.24 | 3/22/97 |
| 100m | Andrew Branch | 12.6 | 8/6/93 |
| 100m | Andrew Branch | 12.6 | 6/6/98 |
| 100m | Sam Hall | 12.81 | 6/4/05 |
| 200m | Andrew Branch | 25.9 | 7/6/94 |
| 300m | Fred Schlereth | 42.8 | 1/22/94 |
| 400m | Fred Schlereth | 58.6 | 3/4/94 |

42nd Annual CAZENOVIA JULY 4th FOOT RACES 2014

Dan Sutton Memorial Race
Administered by the Syracuse Chargers Track Club
and the Cazenovia High School Cross Country and Volleyball Programs

Registration deadline is July 1st **no-day-of -race entries.**

Entries Received by June 24 - \$20; **Online Registration only:** June 25 through June 29 - \$25; June 30-July 1 - \$30
T-shirts to first 1,000 entries; size not guaranteed **Online: GetEntered.com**

Events: 8:00 am 5k (3.1 mile) race (USATF Certified NY-06042-JG)
8:10 am 1 mile fun run (USATF Certified NY06041-JG)
8:45 am 10 mile race around Cazenovia Lake (USATF Certified NY-06043-JG)

Races start near Cazenovia High School

Awards: 5K age group awards (top three) for men and women in the 0-13, 14-19, and then 5 year age groups.
10-mile age group awards (top three) for men and women in the 0-19 and then five-year age groups.
Cazenovia Jewelry Half-Century Award for first 50+ man & woman finisher in 5K & 10 Mi Race

Facilities: Facilities are limited, so please come dressed to run. Parking is limited so arrive early and car pool!
Packet Pick up: Cazenovia High School on the morning of the race from 6:45am - 8:00am.
Results: Electronic timing for 5K and 10 Miles provided by Leone Timing
Questions? Contact: Evelyn White at 315/637-6211 or NandEWhite@aol.com Website: Caz4thRun.org

Pets, roller skates, roller blades, baby joggers, bicycles, skateboards, any electronic headsets (except for hearing aid) present hazards to runners and are prohibited in the race



The John Dermody Insurance Group
315 569 -3434 & 607 756- 4440
5 Ledyard Avenue, Cazenovia, NY 13035
3660 The Park, Cortland, NY 13045
17 Zane Road, Binghamton, NY 13901

CHARY GRIFFIN, Salesperson
Berkshire Hathaway CNY Realty
315-382-1721 - cell
chary@charygriffin.com

2014 Cazenovia July 4th Foot Races

10 miles _____ 5 km _____ 1 Mile Fun Run _____ (shirt optional \$5)
\$20 thru June 24 No Fee

Registration after June 24 Online only-- \$25 6/25-6/29, shirt not guaranteed; \$30 6/30-7/1)

Make checks payable to: Syracuse Chargers Track Club, Inc.; mail to SCTC, 118 Foxcroft Ln., Fayetteville, NY 13066

| | | | | | | | | | | | | | | | | | | | | | | | |
|----------------|--|--|--|--|--|--|--|--|--|------------|--|--|--|--|--|--|--|--|--|-------|--|------------------|--|
| Last Name | | | | | | | | | | First Name | | | | | | | | | | Sex | | Age as of 7/4/14 | |
| Street Address | | | | | | | | | | City | | | | | | | | | | State | | Zip | |

Birth Date ___/___/___ Phone # _____ E-mail: _____ Shirt Sizes: __YL __S __M __L __XL

Participant Waiver for Race Registration

I know that running a road race is potentially hazardous activity, which could cause injury or death. I will not enter and participate unless I am medically able and properly trained, and by my signature, I certify that I am medically able to perform this event, and am in good health, and I am properly trained. I agree to abide by any decision of a race official relative to any aspect of my participation in this event, including the right of any official to deny or suspend my participation for any reason whatsoever. I attest that I have read the rules of the race and agree to abide by them. I assume all risks associated with running in this event, including but no limited to: falls, contact with other participants, the effects of the weather, including high heat and/or humidity, traffic and the conditions of the road, all such risks being known and appreciated by me. I understand that bicycles, skateboards, baby joggers, roller skates or roller blades, animals, and personal music players are not allowed in the race and I will abide by all race rules.

Having read this waiver and knowing these facts and inconsideration of your accepting my entry, I, for myself and anyone entitled to act on my behalf, waive and release the Syracuse Chargers Track Club the Town of Cazenovia and the Road Runners Club of America, all event sponsors, their representatives and successors from all claims or liabilities of any kind arising out of my participation in this event, even though that liability may arise out of negligence or carelessness on the part of the persons named in this waiver. I grant permission to all of the foregoing to use my photographs, motion pictures, recordings or any other record of this event for any legitimate purpose.

Signature: _____ Date: _____
Parent's Signature if under 18 years: _____ Date: _____

The Therapy Corner

Eccentric exercise and tendinosis

One of the most exasperating things about treating overuse tendon injuries is the excruciatingly slow rate at which they heal. Equally frustrating is having to deal with the lack of acceptance of this fact by most patients.

A large part of the reason for this, I think, is that none of us had any experience with such conditions while growing up; almost all of us, however, had either first or second-hand experience with bone fractures and “know” that these generally take about 6-8 weeks to heal. This sets up an expectation that all injuries should mend within this time frame, but unfortunately, this is rarely the case when tendons are involved. Why is this, and is there anything we can do to shorten this process? Some of the treatments strategies were described in an earlier column ([#83](#))*; what follows is a more recent approach that has gained favor throughout the physical therapy community.

Tendons – the structures that connect muscles to bones – are made up of a connective tissue known as collagen. When a tendon is first injured through overuse, these collagen fibers suffer microtears that lead to an inflammatory response, which is the natural and appropriate reaction of the body to control the injury’s damage and produce a quick repair. At this early stage, this condition is known as ***tendinitis***.

If treated appropriately at the beginning (rest and gentle motion, primarily), most tendinitis injuries should heal within 3-4 weeks. But, of course, most runners do not adhere to that first recommendation; the continued stressful activity then goes on to cause further damage that leads to a cascading breakdown of the tissue that exceeds the body’s pace of repair. The accumulating microtears result in the production of a different type of collagen fiber to replace the normal, healthy kind. This new collagen is generally weaker, which leads to further breakdown if activity continues.

Viewing it through a microscope, this “repaired” collagen (essentially, scar tissue) now looks like cooked spaghetti rather than a nice, weaved-fabric structure with all the fibers running parallel. Interestingly, this chronically broken-down tissue shows no sign of the inflammation seen in the initial stages of the injury, so at this point the term used to describe the condition is ***tendinosis***, which indicates a diseased or degenerative state. (The question “where does the pain come from if there is no inflammation?” is still not completely known. Some feel it is from the mechanical disruption of the tendon fibers, while others blame biochemical substances produced by the injury that irritate pain nerve endings.)

Logic tells us that the path to recovery from this condition lies in some method of restoring the health and strength of this degenerated tissue. For years, there were two schools of thought: rest or stretching and strengthening exercises. The problem with the first approach is that complete rest was found to result in deconditioning of muscles and tendons, leaving them vulnerable to further injury with even reduced activity. Stretching exercises, on the other hand, can actually cause further damage to injured, weakened tissue, while indiscriminate strengthening exercises just don’t seem to help.

The key word in that last sentence is “indiscriminate” – recent research indicates that a very specific strengthening regimen – ***controlled eccentric exercise*** – may be the answer to helping people get through this vexing problem more quickly.

The difference between eccentric and concentric exercise was described in another previous column ([#86](#)), in reference to the development of delayed onset muscle soreness (DOMS). In that example, eccentric exercise was seen as the villain, in that it seems to cause more muscle soreness than concentric exercise. It turns out, though, that preferentially working a muscle/tendon eccentrically, under controlled, moderated conditions, appears to have a beneficial effect on tendinosis conditions. Numerous research studies have demonstrated significant improvements in a variety of tendon injuries, including Achilles and patellar tendinosis, two of the most common conditions afflicting runners.

No one is 100% sure of why this is; the prevailing theory seems to be a belief that eccentric exercise has a greater effect on breaking down the disordered, improperly repaired collagen tissue, while stimulating the body to produce and lay down new fibers along the proper, parallel lines. Concentric exercise, on the other hand, appears to put further strain on the already injured tissue and interferes with proper repair.

The method and protocol for these exercises varies slightly from expert to expert, but the most frequently-seen program involves performing 3 sets/15 repetitions of the prescribed exercise, with moderate pain acceptable while doing so. (If pain persists or worsens after the exercise, it needs to be adjusted or discontinued.)

Rather than try to describe the exercises for Achilles and patellar tendinosis here, I will instead refer you to the following two online videos, which very nicely demonstrate the proper form and technique:

- <https://www.youtube.com/watch?v=M6EKuuZ7C2E>
- <https://www.youtube.com/watch?v=ul09qA4hJQg>

Full benefits of this program can take up to 12 weeks, so stick with it even if you do not see immediate improvements.

Gabe Yankowitz is a long-time runner and physical therapist currently practicing in the outpatient physical therapy clinic at St. Camillus Health and Rehabilitation Center in Syracuse.

***All links can be accessed online via The Therapy Corner web page on the Chargers website [http://www.syracusechargers.org/].**

**2014 Syracuse Chargers All Comers Indoor Meets
Manley Field House, Syracuse University**

Note: These are running only meets, there are no field events.
Competitors may enter a maximum of three events per meet.

Registration: Saturday, Mar. 15, Saturday, April 19 – 6:45-7:30 am Entry Fee: None
Order of Events (Tentative)

| Saturday, Mar. 15 7-10 am 7:30 am 1st event | Saturday, April 19 7-10am 7:30 am 1st event |
|--|--|
| 3000 meters | 3000 meters |
| 55 meter dash | 55 meter dash |
| 800 meters | 800 meters |
| One lap (youth only) | One lap (youth only) |
| 400 meters | 400 meters |
| Mile R/RW | Mile R/RW |

Questions or to volunteer contact Mark Driscoll at mdriscol@esf.edu

Syracuse Chargers All Comers Indoor Meet - March 15; April 19, 2014 -- Syracuse Univ.

Name: _____ **M** **F** **Age:** _____ **Birthdate:** _____

Address (Street): _____ **Club/School** _____

City, State _____ **Phone #** _____

Guardian's address if different from above: _____

Waiver: In consideration of this entry, I, the undersigned, intending to be legally bound hereby, for myself, my heirs and executors, and administrators, waive and release any and all rights and claims for damages I may have against the Syracuse Chargers Track Club Inc., Syracuse University, the Road Runners Club of America and all other sponsors and their representatives. I attest and verify that I am physically fit and have sufficiently trained for these events. I am aware that medical support for these meets will be volunteers who will be prepared to administer first aid assistance only. I grant permission to use for legitimate purposes any photographs, motion pictures, recordings, or other images of myself participating in these meets.

I hereby certify that I have read all the terms and conditions of this release and intend to be legally bound thereby.

Signature of Participant: _____ **Date:** _____

_____ **Date:** _____

(Signature of parent or guardian for all participants age 17 or younger.)

Calendar of Events

Always check with contact to be certain of date, time, etc.

April

5 Fort to Fort Rome Free Academy www.romanrunners.com

May

4 Mt. Goat Run, 10 Miles www.mountaingoatrun.com

26 (Mon) 23rd Annual Veterans' Memorial Day 5K Run 9:28A.M. Village of Camillus
Contact: Camillus Parks and Recreation Department – (315)487-3600

June

1-8 The Empire State Senior Games are on schedule for June 1-8, 2014 - Save the Date

7 Oswego County Hospice, 5K Walk / Run for Hope Landing Marina Kim McPherson
mmcphers@twcny.rr.com

14 **Hess Express Swamp Rat Races** Contact: rnastasi@twcny.rr.com
Online: runsignup.com

17 (Tues.) **JP Morgan Corporate Challenge** www.jporganchasecc.com/events.php?city_id=13
Contact – Dave Oja 315-446-6285

July

4 (Fri.) **July 4th Foot Races** contact: nandewhite@aol.com **Caz4thRun.org**
No day of race entries. Online: GetEntered.com

13 **Boilermaker Road Race** - - www.boilermaker.com Registration opens March 22 noon

August

7 (Thurs.) Tromptown Run Half-Marathon and 5 KM www.tromptownrun.com

16 (Sat.) **Willow Bay 5K Run & Fitness Walk for Women**, Contact: mpiscite@twcny.rr.com.
Online: GetEntered.com

September

6 The Dunkin Run – ARC Race www.arcrace.org

October

5 (Sunday) **Syracuse Festival of Races, 5K, USATF Masters Championships**
contact: Dave Oja 446-6285 www.festivalofraces.com

November

9 Burn Run, East Syracuse Contact: John Minnick, [johnjm 1@msn.com](mailto:johnjm1@msn.com)

Indoor Practice for Charger Members Only at Manley Field House 6-8 pm

Sundays: March 16, 23 & 30 April 6

Track Meets

March 15 (Saturday) Manley Field House 7-10 am (Running events only)

March 14-16 USA Masters Indoor Championships, Reggie Lewis Track & Athletic Ctr., Boston

April 19 (Saturday) Manley Field House 7-10 am (Running Events only)

*No fee for listing your race or meet on our calendar---email information to NandEWhite @aol.com
For a full-page non-commercial entry form the fee is \$75. Again please email Evelyn White*

SYRACUSE CHARGERS TRACK CLUB, INC.

Membership Application

| | | |
|---------------------|------------|--------------------------|
| Name: _____ (M) (F) | _____ | _____ |
| | Birth Date | Occupation/Club Interest |
| Name: _____ (M) (F) | _____ | _____ |
| | Birth Date | Occupation/Club Interest |
| Name: _____ (M) (F) | _____ | _____ |
| | Birth Date | Occupation/Club Interest |
| Name: _____ (M) (F) | _____ | _____ |
| | Birth Date | Occupation/Club Interest |
| Name: _____ (M) (F) | _____ | _____ |
| | Birth Date | Occupation/Club Interest |

| | | | |
|---|-------|-------|---|
| _____ | | | _____ |
| Mailing Address - Street or P.O. Box | | | Telephone Number |
| _____ | _____ | _____ | _____ |
| City | State | Zip | E-mail Address |
| | | | I would like to receive Charger info. by e-mail Yes__ No__ |

| | | | |
|---|--|----------------------------------|--|
| <u>Primary Fields of Interest:</u> | | <u>Membership Status:</u> | <u>I would like to help with:</u> |
| <input type="checkbox"/> Road Running | <input type="checkbox"/> Track Running | <input type="checkbox"/> New | <input type="checkbox"/> Track Meets <input type="checkbox"/> Road Races |
| <input type="checkbox"/> Race Walking | <input type="checkbox"/> Field Events | <input type="checkbox"/> Renewal | <input type="checkbox"/> Coaching |
| <input type="checkbox"/> Physical Fitness | <input type="checkbox"/> Youth Development | | <input type="checkbox"/> Special Olympics Program |

Mail this form and check to: Julie Shafer, Membership Coordinator Register Online: RunSignUp.com
8103 Lobos Lane, Liverpool, NY 13090

Membership Fee (12 months) : Family and/or Individual \$15 Individual Student (**HS or younger**)\$10
 Make checks payable to: **Syracuse Chargers Track Club, Inc.**

Club T-shirts: Syracuse Chargers Track Club T-Shirts are available for \$6 Sm.____ Med.____ Lg.____ XLg.____ Youth Lg.____

Additional Contributions: To insure that the Syracuse Chargers Track Club will continue to deliver quality educational and developmental programs in track and field, cross country, and road running, we appreciate your additional financial support. Enclosed is my tax deductible contribution:
 \$10 _____ \$20 _____ \$30 _____ \$40 _____ \$50 _____ \$100 _____ Other \$ _____

MEMBERSHIP WAIVER: I know that running and volunteering to work in club races and other activities can be hazardous. I agree not to participate in Club activities unless I am medically able and properly trained. I agree to abide by any decision of an official concerning my ability to safely participate in any activity.

I freely and voluntarily assume all risks associated with competing, volunteering, and all other activities in which the Club is involved. Such risks include, but are not limited to: falls, contact with other participants, the dangerous or negligent behavior of other participants, the effects of the weather, including high heat and/or humidity, the conditions of the road or other facilities, and traffic on the course, all such risks being known and appreciated by me.

Having read this waiver and knowing these facts, and in consideration of your acceptance of my application for membership, I, for myself and anyone entitled to act on my behalf, waive and release the RRCA, USATF, Syracuse Chargers Track Club, Inc., and their officers, directors, and members, and all sponsors, their representatives and successors, from all claims or liabilities arising out of my participation in Club activities, even though that liability may arise out of negligence or carelessness on the part of the persons named in this waiver. I grant permission to use for legitimate purposes any photographs, motion pictures, recordings, or other images of myself participating in Club activities.

Signature(s) _____
Date

I am signing this waiver as parent or legal guardian on behalf of the minor(s) named above. I agree to be responsible for the conduct and safety of the minor(s), and I recognize and assume the risks described above on behalf of the minor(s)

Parent's or Guardian's Signature if under 18 years of age _____
Date

Syracuse Chargers Track Club, Inc.
118 Foxcroft Lane
Fayetteville, New York 13066 – 2570

Return Service Requested

| |
|--|
| <p>Non-Profit Organization U.S. POSTAGE PAID Syracuse, NY Permit No.876</p> |
|--|

SYRACUSE CHARGERS TRACK CLUB

Merchandise Order Form

View Merchandise on www.syracusechargers.org

Name: _____

Address: _____

Email: _____

Phone: _____ For Info. contact: nandewhite@aol.com

| Merchandise (circle both type and size) | Quantity | Size | Cost | Total |
|---|----------|----------------|--|----------------|
| Uniform Singlets – Men (s-m-l-xl-xxl), Women (s-m-l) | | | 22.00 | |
| Uniform shorts - Men's split (s-m-l-xl) Women's 4 inch seam (s-m-l) | | | 20.00 20.00 | |
| Women's Shimmels (s,m) Women's low cut Shorts (s,m) Men's Black Field Shorts (s-m-l) White Tech T-shirts w/Charger logo Women: (xs, s-m) Men: (s-m-l) | | | 32.00 22.00 25.00 13.00 | |
| T-Shirts, Short Sleeve – Ash Gray Adult (s-m-l-xl) Youth (lg/14-16) Adult (xxl-xxxl) | | | 6.00 7.00 | |
| T-Shirts, Long Sleeve - White Adult (s-m-l-xl-xxl) | | | 8.00 | |
| Sweatshirts w/hood (ash) (youth lg) Adults (s-m-l-xl-xxl) | | | 25.00 30.00 | |
| Make checks payable to: | | Postage | | +\$3.00 |
| Syracuse Chargers Track Club, Inc. | | | Total | |

and mail to Evelyn White at address on page 2 of the Newsletter